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JAN 23 2007

**IN THE CLAIMS:**

1-20. (Cancelled)

21. (New) A medical apparatus, comprising:

a body cavity inserting portion which is inserted into a body and which has a thrust-generating spiral projected portion in contact with a body cavity; and  
rotating device for rotating the thrust-generating spiral projected portion,  
wherein

the thrust-generating spiral projected portion is set to have a shape with a projection height from not less than 0.3 mm to not more than 3 mm.

22. (New) The medical apparatus according to Claim 21, wherein the rotating device rotates at a rotation speed of not more than 5 rotations per second.

23. (New) The medical apparatus according to Claim 21, wherein the thrust-generating spiral projected portion is formed in a multi-spiral screw shape having not less than 2 spirals.

24. (New) The medical apparatus according to Claim 21, wherein the thrust-generating spiral projected portion has a cross sectional shape of at least one of a circle, a semicircle and a generally R shape.

25. (New) The medical apparatus according to Claim 21, wherein the thrust-generating spiral projected portion is non-continuously formed.

26. (New) The medical apparatus according to Claim 21, wherein the rotating device comprises:

a magnet provided in the body cavity inserting portion; and

a magnetic field generating device for generating a rotating magnetic held, the magnetic field generating device being provided outside of the body.

27. (New) The medical apparatus according to Claim 21, wherein the body cavity inserting portion is a capsule medical apparatus.

28. (New) The medical apparatus according to Claim 21, wherein:  
the body cavity inserting portion includes a flexible stick portion; and  
the thrust-generating spiral projected portion is supported rotatably with respect to the flexible stick portion.

29. (New) The medical apparatus according to Claim 21, wherein:  
the rotating device is a motor; and  
the thrust-generating spiral projected portion is rotated by the motor.

30. (New) A medical apparatus, comprising:  
a body cavity inserting portion which is inserted into a body and which has a thrust-generating spiral projected portion in contact with a body cavity; and  
rotating device for rotating the thrust-generating spiral projected portion,  
wherein  
the rotating device rotates at a rotation speed of not more than 5 rotations per second.

31. (New) A medical apparatus, comprising:

a body cavity inserting portion which is inserted into a body and which has a thrust-generating spiral projected portion in contact with a body cavity; and  
rotating device for rotating the thrust-generating spiral projected portion,  
wherein

the thrust-generating spiral projected portion is formed in a multi-spiral screw shape having not more than 10 spirals.

32. (New) A medical apparatus, comprising:

a body cavity inserting portion which is inserted into a body and which has a thrust-generating spiral projected portion in contact with a body cavity; and  
rotating device for rotating the thrust-generating spiral projected portion,  
wherein

a torque generated by the rotating device is set so as not to surpass a set value.

33. (New) The medical apparatus according to Claim 32, wherein a set value for the torque generated by the rotating device is configured to be arbitrarily settable.

34. (New) The medical apparatus according to Claim 32, wherein the set value is set to from not less than 0.06 cNm to not more than 1 cNm.

35. (New) The medical apparatus according to Claim 34, wherein the body cavity inserting portion is a capsule medical apparatus.

36. (New) A medical apparatus, comprising:

a body cavity inserting portion which is inserted into a body and which has a thrust-generating spiral projected portion in contact with a body cavity; and  
rotating device for rotating the thrust-generating spiral projected portion,  
wherein

at least one of a rising angle and a failing angle at an end portion of the thrust-generating spiral projected portion is smoothly formed at an angle not more than 45 degrees.

37. (New) A medical apparatus, comprising:

a body cavity inserting portion which is inserted into a body and which has a thrust-generating spiral projected portion in contact with a body cavity; and  
rotating device for rotating the thrust-generating spiral projected portion,  
wherein

the thrust-generating spiral projected portion has an outer diameter of not more than 18 mm.

38. (New) A medical apparatus, comprising:

a body cavity inserting portion which is inserted into a body and which has a thrust-generating spiral projected portion in contact with a body cavity; and  
rotating device for rotating the thrust-generating spiral projected portion,  
wherein

the thrust-generating spiral projected portion has at least one groove formed along the spiral of the thrust-generating spiral projected portion, the groove having a depth smaller than a height of the thrust-generating spiral projected portion.

39. (New) A medical apparatus, comprising:

a body cavity inserting portion which is inserted into a body and which has a thrust-generating spiral projected portion in contact with a body cavity; and

rotating device for rotating the thrust-generating spiral projected portion,

wherein

the thrust-generating spiral projected portion is detachably attached to the body cavity inserting portion.

40. (New) The medical apparatus according to Claim 39, wherein the thrust-generating spiral projected portion is formed of elastic rubber.

41. (New) A medical apparatus, comprising:

a body cavity inserting portion which is inserted into a body and which has a thrust-generating spiral projected portion in contact with a body cavity; and

rotating device for rotating the thrust-generating spiral projected portion,

wherein

the thrust-generating spiral projected portion has a generally trapezoidal cross sectional shape.

42. (New) A medical apparatus, comprising:

a body cavity inserting portion which is inserted into a body and which has a thrust-generating spiral projected portion in contact with a body cavity; and

rotating device for rotating the thrust-generating spiral projected portion,

wherein

the thrust-generating spiral projected portion has a spiral pitch which is set to not less than 10 mm.

43. (New) A medical apparatus, comprising:

a body cavity inserting portion which is inserted into a body and which has a thrust-generating spiral projected portion in contact with a body cavity; and  
rotating device for rotating the thrust-generating spiral projected portion,  
wherein

a center of gravity of the body cavity inserting portion substantially matches a longitudinal central axis of the body cavity inserting portion.

44. (New) A method for guiding a medical apparatus comprising a body cavity inserting portion which is inserted into a body and which has a thrust-generating spiral projected portion in contact with a body cavity, the method comprising, after a step of introducing the body cavity inserting portion into the body,

a step of rotating the thrust-generating spiral projected portion; and  
a step of changing a body position.

45. (New) A method for guiding a medical apparatus comprising a body cavity inserting portion which is inserted into a body and which has a thrust-generating spiral projected portion in contact with a body cavity, the method comprising, after a step of introducing the body cavity inserting portion into the body:

a step of rotating the thrust-generating spiral projected portion; and  
a step of performing a manual pressing operation.

46. (New) A method for guiding a medical apparatus comprising a body cavity inserting portion which is inserted into a body and which has a thrust-generating spiral projected portion in contact with. a body cavity, the method comprising:

a step of introducing the body cavity inserting portion into the body from an anus; and

a step of rotating the thrust-generating spiral projected portion.